



City of Gaithersburg Press Release

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For Immediate Release

Explore Active Living at Gaithersburg's Active Aging Expo

Gaithersburg, MD (March 28, 2019) The City of Gaithersburg's Active Aging Expo is a day filled with energy, educational talks, interactive demonstrations, and preventive screenings. Fun activities include massages, manicures and a photo booth. This free event takes place on Monday, May 6, 2019, from 9 a.m. to 2 p.m. at the Activity Center at Bohrer Park, 506 South Frederick Avenue, next to Gaithersburg High School.

Educational sessions cover an array of topics, including, "Alzheimer's – Know the 10 Signs," "Long Term Care Asset Protection," "Last Gasp: Local Author Presentation," and "Keeping Seniors Safe." After learning a little something, guests can get up and move with fitness demonstrations and join-in activities like line dancing, balance, stretching, and painting with acrylics.

The Expo is presented by Asbury Methodist Village and the City of Gaithersburg in partnership with the Montgomery County Recreation Department and the Montgomery Village Foundation.

Not-for-profit organizations with information on health and wellness as well as businesses that specialize in serving older adults will also be on hand. No registration is necessary; participants can just show up for life-changing experiences. While admission is free, please bring canned goods to be donated to Manna Food Center.

The Benjamin Gaither Center will be closed on May 6 as all staff will be involved in this event. For more information, please visit the City of Gaithersburg website at www.gaithersburgmd.gov or call 301-258-6380.

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